

I can be proud
 of who I am.
 I can make the world
 a better place.
 I am valuable.
 I can grow up to be
 anything I want.
 I can make good
 choices.
 I am intelligent.
 I am loveable.
 I am somebody
 important.
 Whatever I believe
 I can achieve.
 I do many
 things well.
 I can overcome
 obstacles.
 My smile is a
 gift to others.
 There are many
 people who care
 about me.
 I am special.



Important Words to Build Resilience in Families

BOUNCE

I CAN! I AM

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I can think posi-
 tive thoughts
 even when life
 seems negative.
 I can forgive
 myself when I
 make mistakes.
 I am creative.
 I can offer kind-
 ness to others.
 There are places
 where I feel safe.
 I have many
 talents.
 When I get
 angry I can calm
 myself down.

I am smart
 enough to ask
 for help when I
 need it.
 My life is full of
 possibilities.
 I can make
 good choices.

I can be my own
 best friend.
 I am fun to be with.
 I am strong.
 I know how to be
 healthy.
 I can look for the
 best in other people
 and myself.
 I am likeable.

Empowerment comes
 from resilience.
 Find ways to make
 these and similar
 statements part
 of your — and your
 children's — daily life.